

# Horticultural Therapy with Veterans for Post-Traumatic Growth

Horticultural therapy is a type of therapy that uses plants and gardening to promote healing and well-being. It has been shown to be an effective treatment for a variety of mental and physical health conditions, including post-traumatic stress disorder (PTSD).



## Digging for Victory: Horticultural Therapy with Veterans for Post-Traumatic Growth by Joanna Wise

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting: Enabled  
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PTSD is a mental health condition that can develop after a person has experienced a traumatic event. Symptoms of PTSD can include flashbacks, nightmares, avoidance of reminders of the trauma, and difficulty sleeping. PTSD can make it difficult to function in everyday life and can lead to problems with relationships, work, and school.

Horticultural therapy can help veterans with PTSD in a number of ways. First, it can help to reduce stress. Studies have shown that spending time in nature can help to lower cortisol levels, the hormone that is associated with stress. Gardening can also provide a sense of accomplishment and purpose, which can help to improve mood and self-esteem.

Second, horticultural therapy can help veterans to connect with others. Gardening can be a social activity that allows veterans to interact with other people who are also dealing with PTSD. This can help to reduce feelings of isolation and loneliness, which are common symptoms of PTSD.

Third, horticultural therapy can help veterans to learn new skills. Gardening requires a variety of skills, such as planning, planting, watering, and harvesting. Learning these skills can give veterans a sense of accomplishment and can help them to feel more confident in their abilities.

Finally, horticultural therapy can help veterans to connect with nature. Nature has been shown to have a number of benefits for mental health, including reducing stress, improving mood, and increasing creativity. Gardening can help veterans to connect with nature and to experience its benefits.

Horticultural therapy is a safe and effective treatment for veterans with PTSD. It can help to reduce stress, improve mood, increase social interaction, and connect veterans with nature. If you are a veteran who is struggling with PTSD, horticultural therapy may be a helpful option for you.

Here are some tips for getting started with horticultural therapy:

- \* Find a qualified horticultural therapist. A qualified horticultural therapist will have training and experience in using horticulture to promote healing and well-being.
- \* Start small. Don't try to do too much too soon. Start with a small garden or a few plants.
- \* Be patient. Horticultural therapy takes time. Don't get discouraged if you don't see results immediately.
- \* Have fun! Gardening should be enjoyable. If you're not having fun, you're less likely to stick with it.

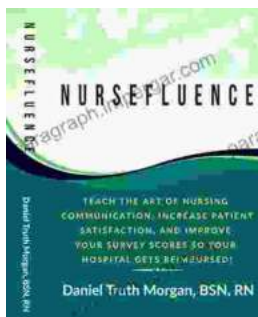
Horticultural therapy can be a powerful tool for healing and growth. If you are a veteran who is struggling with PTSD, horticultural therapy may be a helpful option for you.



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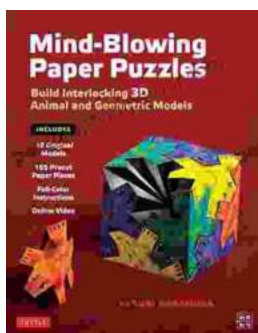
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